

Calaamadaha lagu garto Covid-19

* Dadka qaarkood ee xanuunku helo wax calaamad a' oo ka muuqdaa ma jiraan

COVID-19 dadka si kala duwan ayuu u helaa.

Dadka intooda badan si fudud oo khafiif a' ugu dhacaa waayna ka kacaan iyaga oo aan dhakhtar weeyn galin.

Calaamadaha muuqda ee u badan

Qandho



Qufac engagan DAAL



CALAAMADAH MUQITAAN YAR:

Lafo garaac



Cuma xanuun



Shuman



Qanjic xanuun



madax xanuun



Halaw urta ama dhandhanka



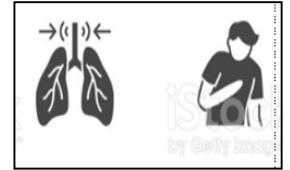
finan ka soo baxa iyo midabka isbedela



Calaamadaha halista a'

Neefsashada adkaata ama hiin raag

Dareen culees ama xanuun laabta a'



Hadalka ama socodka oo halaaba

Haddii aad iska aragto calaamado halis a' si deg-deg a' ula xidhiidh oo telefon kula xidhiidh takhasus caafimaadka a'

Inta aanad u tagin takhasuska ama usbitaalka kula hadal telefon.



Dadka qaba calaamado fudud sidooda kalena caafimaad qabaa ha isku daweeyaan oo ha joogaan gurigooda hana is karaantimeeyaan

Sida u badan cidan xanuunku helaa, calaamadu waxa aay soo baxan muddo shan ilaa lix cisho a'. Muddadaas waxa aay noqon karta toban iyo shan cisho ila toban afar cisho.